4-Ingredient Blueberry Honey Bagels

EASY • 30-35 MINS

These easy 4-ingredient blueberry bagels by @mywholesomebites are made for school holiday baking. With no yeast, no proving and just one bowl, they come together quickly with self-raising flour, Greek yoghurt, Capilano Pure Honey and juicy blueberries. Serve them warm with cream cheese and a generous swirl of Capilano Creamed Honey for a simple, sweet breakfast or afternoon treat the whole family will love.



SKILL LEVEL	PREP TIME	COOKING TIME	SERVINGS
Easy	15 mins	15-20 mins	4 bagels

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Ingredients

For the bagels:

- 2 cups self-raising flour
- 1 cup Greek yoghurt
- 2 tbsp Capilano Pure Honey
- ½–1 cup frozen blueberries
- A little extra flour, if needed
- A little olive oil, for brushing

To serve:

- Cream cheese
- Capilano Creamed Honey

Used in this recipe



Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and their beekeepers, our signature blend of eucalypt and ground flora honey is the taste you know and love.

Make the Sweet Switch
Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes here.

Method

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Add the self-raising flour, Greek yoghurt, and honey to a bowl. Mix until a dough starts to form.
3. Add the frozen blueberries and gently mix through.
4. If the dough is too sticky, add a little extra flour until you have a soft, workable dough.
5. Divide the dough into 4 equal portions. Roll each portion into a rope and join the ends to form a bagel.
6. Place the bagels onto the prepared baking tray and lightly brush the tops with a little oil.
7. Bake for 15–20 minutes, or until golden and cooked through.
8. Allow to cool slightly, then slice in half.
9. Spread generously with cream cheese and finish with a layer of Capilano Whipped Honey.
10. Tip: the frozen blueberries can make the dough a little sticky, so don't be afraid to add a small amount of extra flour as you shape the bagels.

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